

PATIENT INFORMATION LEAFLET

**GAVICON DOUBLE ACTION LIQUID SACHETS**

**Sodium alginate, Sodium bicarbonate, Calcium carbonate**

**Please read this leaflet carefully before you take this medicine. If you are not sure about anything, ask your pharmacist or doctor**

**What are Gaviscon Double Action Liquid Sachets?**

Gaviscon Double Action Liquid Sachets are a combination of two antacids (calcium carbonate and sodium bicarbonate) and an alginate and work in two ways.

- 1) Neutralising excess stomach acid to relieve the pain and discomfort.
- 2) Forming a protective barrier over the stomach contents to soothe the burning pain in your chest.

**What are Gaviscon Double Action Liquid Sachets used for?**

Gaviscon Double Action Liquid Sachets are used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion which may occur, for example following meals or during pregnancy, and for symptoms of excess stomach acid (hyperacidity).

**Before taking Gaviscon Double Action Liquid Sachets**

**Do not take this product if**

you know you are allergic to any of the ingredients as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list of ingredients).

**Take special care before treatment with Gaviscon Double Action Liquid Sachets:**

This medicine contains sodium (11.12 mmol per 20 ml/2 sachet dose) and calcium (6.5 mmol per 20 ml/2 sachet dose).

- If you have been advised to follow a diet restricted in either of these, please consult your doctor.
- Please also talk to your doctor regarding these salt contents if you suffer or have suffered from significant kidney or heart disease, as certain salts could interfere with these diseases.

The maximum recommended daily dose of this medicinal product contains 1023.04 mg sodium (found in table salt). This is equivalent to 51.15 % of the adult recommended maximum daily dietary intake for sodium. Talk to your doctor or pharmacist if you need this product on a daily basis for a prolonged period of time, especially if you have been advised to follow a low salt (sodium) diet.

Please consult your doctor if you know you have reduced amounts of gastric acid in your stomach, as this product may be less effective.

This product contains methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed). This product can mask symptoms of other more serious, underlying medical conditions. If symptoms persist, or treatment is required for more than seven days continuously, please speak to your doctor or pharmacist.

**Pregnancy and breast-feeding**

You can take this product if you are pregnant or breast-feeding. As with all medicines, the treatment duration should be limited as much as possible.

**Taking other medicines**

Do not take this product within two hours of taking other medicines by mouth, as it can

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interfere with the action of some other medicines.

This is especially important if you are taking antihistamines, antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, thyroid hormones, antifungals such as ketoconazole, digoxin and beta-blockers (for heart conditions), neuroleptics (for mental illness), thyroxine, chloroquine (for malaria), bisphosphonates (for osteoporosis) and estramustine (for prostate cancer).

**How to take Gaviscon Double Action Liquid Sachets**

**For oral administration.**

**Adults including the elderly and children 12 years and over:** one to two 10ml sachets after meals and before bedtime, up to four times a day.

**Children under 12 years old:** Should only be taken on medical advice.

If you take too much of this product it is unlikely to cause you any harm. However, you may feel bloated. Consult your doctor if this doesn't go away.

If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

Taking large doses of calcium carbonate every day for prolonged periods can lead to high levels of calcium in the blood.

**After taking Gaviscon Double Action Liquid Sachets:**

If symptoms persist, or treatment is required for more than seven days continuously, seek medical advice.

**Possible side effects**

Very rarely (less than 1 in 10,000 patients treated) there is a chance of an allergic reaction to the ingredients. Symptoms of this may include skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat. If you experience these or any other side effects, stop taking the product and consult your doctor immediately. Other side effects of unknown frequency may include constipation, irritability, muscle twitching or muscle cramps, indigestion that comes back when you stop taking the tablets and high levels of calcium in the blood.

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side effects via the internet at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

**How to store**

Do not use this product after the expiry date (EXP: month/year) shown. Keep out of the sight and reach of children. Do not store above 25°C. Store in the original package. Do not refrigerate or freeze.

**Further information**

This product is an off-white to cream suspension with the odour and flavour of peppermint. Each 10ml contains 500 mg sodium alginate, 213 mg sodium bicarbonate and 325 mg calcium carbonate. The other ingredients are carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, peppermint flavour, sodium hydroxide, and water. This product does not contain sugar or gluten. Gaviscon Double Action Liquid Sachets available in packs of 2, 4, 12 and 24 sachets. Not all pack sizes may be marketed.

Manufacturer and PL Holder in UK: Reckitt Benckiser Healthcare (UK) Ltd.,

Hull, HU8 7DS.

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**CUSTOMER INFO:**

Minimum Point Size = 9.00pt

